



# Public Health

**VISION:** “Promote health and quality of life by preventing and controlling disease, injury, and disability”

**MISSION:** “Train and develop an efficient, cohesive, and deployment ready team of military professionals operating within a continually evolving medical environment that exceeds mission and customer needs”

**Location:** Main Hospital, Bldg 1530, 3rd Floor

**Phone:** 256-4986/4988, Pager: 256-6789, ext. 4163

**Hours:** 0730 – 1630, Mon – Fri, Closed weekends and Federal holidays

## Pre-Deployment/Pre-Travel Requirements

Regardless of length of stay, all military and civilian personnel who will be deployed or TDY to an overseas location must receive a health threat briefing from Public Health prior to completing medical clearance through their Primary Care Manager, Dental Services, or Mental Health. You should receive an out-processing checklist through your unit deployment manager (UDM). If you will be gone for 30 days or more, you will also complete a pre-deployment medical questionnaire. If you complete the medical questionnaire more than 30 days prior to departure, you must return to Public Health to revalidate the information. Please bring your medical and immunization records when reporting to Public Health. An appointment is not necessary; office hours are 0730 – 1630.

## Post-Deployment Medical Requirements

If your deployment was for more than 30 days, you will receive a post- deployment debriefing and must complete a post-deployment medical questionnaire. Ideally, this should be accomplished 5 days prior to leaving your deployed location. We also need you to bring your DD Form 2766 back to Public Health when return. Finally, you will need to need to have a TB Exposure Risk Assessment and are required to complete a TB Assessment form. If required for TB testing, please report to your PCM for a TB Skin Test 90 days after you return to Scott AFB.

## Food Handler Training Schedule

Training is conducted on the second Wednesday of the month at the Public Health Office from 1300 – 1500. An exam is administered following the training.

**Temporary Food Facility:** A food service operation with the purpose of selling food to the public for no more than 14 consecutive days.

**Potentially Hazardous Food (PHF):** A food that is natural or synthetic and is capable of supporting the rapid progressive growth of infectious or pathogenic microorganisms: foods high in protein and high in moisture such as meat, milk, eggs, poultry, shellfish, beans, and rice.

***Requirements to operate a temporary food facility:***

- First stop by the Legal Office to pickup the checklist
- Approval from 375 AW/JA, Services, AAFES, DeCA, 375 SPTG/CC
- Approval from Public Health no less than 5 duty days before scheduled event

**PH GUIDELINES FOR OPERATION:**

***Personal Hygiene:***

- Food handlers that are ill with diarrhea, fever, colds, infected cuts, boils, or burns on their hands or arms MUST NOT prepare food.
- NO smoking, drinking, or eating is allowed while preparing or serving food.
- Frequent hand washing is critical in preventing the spread of disease. Proper hand washing is to lather with soap and vigorously rub the hands and forearms for 20 seconds, rinse, and towel dry with disposable towels.
- Armpits must be covered while preparing and serving food.
- Hairnets, hats, or scarves must be worn to prevent hair from falling into the food. Long hair needs to be tied back if it is not secured by a head covering.

***FOOD PREPARATION GUIDELINES:***

- All food must come from an approved source. Examples are the Commissary, Sam's, and local grocery store chains. If food is to be obtained from other than these places, PH is to be notified to verify if it is an approved source.
- Keep cold food at 40 degrees F or below and hot food at 140 degrees F or above. Do not thaw items at room temperature.
- Do not let cooked foods cool at room temperature. Store items in refrigerator no deeper than 3 inches in a dish or pan.
- Sanitizing solution: 1 capful of plain bleach to 1 gallon of water.
- Utensils used on raw food are not to be used on cooked food unless they have been sanitized first. Ensure cutting boards and preparation surfaces are sanitized between food items and raw and cooked foods.

- Avoid products that require raw eggs as an ingredient.
- No raw or rare meat will be served. Meat items will be cooked to the following temperatures for at least 15 seconds:
- Eggs, fish, poultry, and items containing these ingredients – 145 degrees F.
- Pork and items containing pork – 155 degrees F.
- Beef and items containing beef – 165 degrees F.
- Wild game meat will not be used under any circumstances.
- Sale of leftovers is prohibited.

If there are any questions or concerns, call Public Health at 256-4986/4988.

## **Pregnancy Profiles/Reproductive Hazards**

Since some workplace hazards may be particularly dangerous to the unborn child, workers that become pregnant need special attention. Many hazards in the workplace and at home may be harmful to the developing fetus. All pregnant workers (active duty and DOD civilian) must be seen at Public Health within 24 hours of a positive test to receive proper profile restrictions. Call 256-4986/4988 to schedule an appointment. Supervisors of pregnant employees will be required to fill out a Supervisors Statement of Work, detailing they type of work the employee performs as well as the hazards to which she might be exposed.

## **Occupational Health Exams**

Annual or periodic exams are required for certain work places whose workers are exposed at or above 50% of Occupational Exposure Limits (OELs) for certain industrial hazards (i.e., dust, smoke, particulates, aerosols, noise, radiation, fuels, cleaners, paints, degreasers, solvents, etc.). If you work in a shop or have just newly arrived in a shop that uses hazardous substances and/or are exposed to hazardous noise, check with your supervisor to see if you need to be scheduled for a pre-placement occupational exam. Also, please notify Public Health immediately at 256-4986/4988 if it has been over 12 months since your last exam.

## **Supervisor's Hazard Communication Training Schedule**

IAW 29 CFR Part 1910, OSHA requires supervisors or other safety/training representative to provide initial and annual worker level training in those work areas that use hazardous chemicals. Supervisory level training is provided at Public Health, on the last Tuesday, every other month from 0800 – 1100. Call 256-4986/4988 to schedule an appointment.

## **Hospital Employee Health**

If you are a new employee at the Medical Group (active duty, civilian or contractor), make sure that you go to Public Health, 3rd floor, with your medical and shot records as soon as possible to in-process into the Hospital Employee Health Program. It is very important that you are screened for immunity to Chicken Pox, Measles, Mumps, and Hepatitis B. You will also be screened for a current HIV, and a TB skin test. If you perform invasive procedures (i.e., dentistry, surgery, labor and delivery, etc.), you will need to show record of Hepatitis B Surface Antigen and antibody testing. You are required to have annual TB skin test and/or HIV test. Always practice infection control procedures, hospital safety guidelines, and use your personal protective equipment. Whenever you are accidentally exposed to blood or body fluids through a needlestick, splash or other type of skin puncture, abrasion, or scratch, you must report the incident to your supervisor and immediately report to the Emergency Room for treatment. They will clean the wound and determine your level of risk by ordering some tests on both you and the source (patient). Risk of bloodborne pathogens from infected blood and body fluids includes Hepatitis B, Syphilis, and HIV. Public Health will track the test results and order any follow-up tests.

## **Rabies Detection and Control**

Stay away from stray animals, especially wild (non domesticated) ones, and animals that aren't familiar with you. These animals are more apt to bite and it doesn't take much to provoke them since you are a stranger to them. Some animals will feel provoked just by your presence in their "territory" even if it's the local neighborhood. Be wary of any animal not on a leash. Also, injured or frightened animals are more likely to bite since they are in pain; this applies even if they are your own pets. If you are bitten (or even scratched), there are two risk, one is the simple risk of infection, but much more serious is risk acquiring rabies. Stray and wild animals, and animals without a current rabies vaccine certificate pose the greatest potential threat. Rabies is transmitted through the saliva of infected dogs and cats, and wild skunks, bats, foxes, coyotes, bobcats, raccoons, etc. Animals that exhibit unusual or aggressive behaviors, dehydration, or walk funny with a tilted head could be rabid (so stay away). Without prompt treatment (prior to onset of symptoms) rabies is uniformly fatal. The first thing to do when bitten is to thoroughly cleanse the wound and seek medical attention at the Emergency Room. The next step is to determine the vaccination status of the animal. Animals with no vaccine history will have to be captured and placed in quarantine for 10 days. They will be observed for signs of rabies. If signs and symptoms appear, or if the animal cannot be located/captured, a determination of your risk of contracting rabies will be made and if the risk warrants, you will begin the vaccination series of five shots. While these shots are no longer in the stomach as many people fear, they do require that the shots be given according to the prescribed schedule to ensure their effectiveness. Confirmation of rabies is made by euthanizing the animal and sending its head to a laboratory for analysis.

## **Immunizations**

Immunizations are provided through Primary Care Management at Primary Care, Family Practice, Flight Medicine, and Pediatrics Clinics 0730 – 1630. There is no centrally located Immunizations Clinic. If you need to know about a certain vaccine or immunization for mobility, contact your Primary Care Manager. A good website for information on immunizations is found through Advisory Committee on Immunizations Practices (ACIP).

## Links of Interest

### Organizations – National and International

[Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov/) <http://www.cdc.gov/>  
[MMWR Mailing List](http://www.cdc.gov/epo/mmwr/mmwr.html) <http://www.cdc.gov/epo/mmwr/mmwr.html>  
[CIA World Factbook](http://www.odci.gov/cia/publications/factbook) <http://www.odci.gov/cia/publications/factbook>  
[Occupational Safety and Health Administration \(OSHA\)](http://www.osha.gov/) <http://www.osha.gov/>  
[USAF School of Aerospace Medicine, Public Health Department](http://wwwsam.brooks.af.mil/eh/)  
<http://wwwsam.brooks.af.mil/eh/>  
[US Dept of Health and Human Services](http://www.os.dhhs.gov/) <http://www.os.dhhs.gov/>  
[US Army – Biological Threats](http://chppm-www.apgea.army.mil/BiologicalThreats/) <http://chppm-www.apgea.army.mil/BiologicalThreats/>  
[Anthrax Vaccination Immunizations Program \(AVIP\)](http://www.anthrax.osd.mil/) <http://www.anthrax.osd.mil/>  
[US Army Veterinary Command](http://vets.amedd.army.mil/vetcom/) <http://vets.amedd.army.mil/vetcom/>  
[DOD Hazardous Food and Drug Recall System](http://www.dscp.dla.mil/subs/alfood.htm) <http://www.dscp.dla.mil/subs/alfood.htm>

### Organizations – Regional and State

[Illinois Department of Public Health](http://www.idph.state.il.us/) <http://www.idph.state.il.us/>

### Diseases

[Plague](http://www.cdc.gov/ncidod/dvbid/plague/) <http://www.cdc.gov/ncidod/dvbid/plague/>  
[West Nile Virus](http://www.cdc.gov/ncidod/dvbid/westnile/index.htm) <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>  
[Tuberculosis](http://www.cdc.gov/nchstp/tb/faqs/qa.htm) <http://www.cdc.gov/nchstp/tb/faqs/qa.htm>